

Self-Worth Healing Worksheet

(with affirmations)

A gentle journey back to yourself



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Take a quiet moment for yourself. Read each affirmation slowly. Reflect honestly.

Write without judgment.

🌸 I am worthy simply because I exist.

Pause & Reflect

- When do I feel like I have to “earn” my worth?
- Where did I learn this belief?

Journal Prompt Write about a moment where you felt you weren’t enough. What would you say to yourself now?

Reframe “I am worthy even when _____.”

🌸 *I honor my feelings without judgment.*

Pause & Reflect

- What emotions do I struggle to accept?
- Do I judge myself for feeling a certain way?

Journal Prompt What emotion have I been avoiding? Why?

Practice Today, I allow myself to feel:

 *I release the need for external validation.*

Pause & Reflect

- Whose approval do I seek the most?
- How does it affect my self-worth?

Journal Prompt Write about a time you changed yourself to be accepted.

Reframe “My worth does not depend on _____.”

 *I forgive myself and allow myself to grow.*

Pause & Reflect

- What am I still holding against myself?
- What would forgiveness look like for me?

Journal Prompt Write a short letter of forgiveness to yourself.

Release Statement "I choose to let go of _____."

 *I am connected to something greater than myself.*

Pause & Reflect

- When do I feel most connected or at peace?
- What helps me feel supported?

Journal Prompt Describe a moment when you felt deeply connected or guided.

Grounding Practice Right now, I feel supported by:

Closing Reflection

What shifted for me while doing this worksheet?

What is one affirmation I want to carry with me daily?

Return to this worksheet whenever you need to reconnect with your worth.

With love,

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